

**AMENDMENTS TO THE SPECIFICATION:**

- Kindly amend the Specification without prejudice as follows:

Replace the paragraph starting at page 3, line 31, with the following rewritten paragraph:

--The food supplements and methods of the present invention may provide further and significant size and strength enhancement through the role of certain substances which mimic and/or increase the sensitivity of insulin, in conjunction with a source of amino acid. Although the present invention is not to be limited by any theoretical explanation, it is believed that the family of substances known as the inositols, are physiological precursors to membrane protein anchors known as glycophosphatidylinositols ~~glycosphatidylinositols~~ (GPI). As used herein, "inositols" includes myo-inositol, cis-Inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-Inositol, d-chiro-inositol, 1-chiro-inositol, d-pinitol and myo-inositol. Hydrolysis of GPI releases inositolphosphoglycans which are water soluble mediators of insulin signalling events. Accordingly, increased availability of these GPI precursors, increase insulin sensitive and these GPIs can trigger insulin signalling pathways and events independent of insulin thereby mimicing the effects of insulin. The pathways and events which are mimiced include, but are not limited to amino acid transport, protein synthesis, gene transcription, mRNA translation initiation, glucose uptake, glycogen storage, steroid hormones synthesis, and can thereby increase the development of muscle cells. Consequently, supplements which comprise a substance which can enhance and/or mimic insulin activity, and a source of amino acids, preferably any

source of protein, more preferably, whey, may provide further and significant muscle size and strength enhancement as compared with supplements employing only proteins or amino acids.—

Replace the paragraph starting at page 5, line 11, with the following rewritten paragraph:

--According to one embodiment of the present invention there is provided a food supplement comprising a substance which increases nitric oxide production in the body in combination with a source of amino acids. As used herein, "a food supplement comprising a substance ... in combination with a source of amino acids means the supplement contains both the substance which has an action as well as a source of amino acids. According to one aspect, an increase in nitric oxide production may be brought about by a substance selected from the group consisting of glycosidal saponins, ginseng, 1-arginine, folic acid, bioflavonoids bioflavineids, for example, grape seed extract, and herbs, preferably 1-arginine, most preferably ginseng.--